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Snooze e-News!

March 27, 2006

News about the *Snooze!*

This email contains links to articles related to sleep disorders from various websites from the past. For more information on the articles click on the links provided. Please note: News websites may withdraw their articles at any time and archive it on their site. Visit http://www.sleepservices.net/Physicians_links.html for archives.

National Sleep Awareness Week Begins March 27!

This year's theme, "*Sleep: As Important as Diet and Exercise (Only Easier!)*" To learn more about this weeks activities, please visit the National Sleep Foundation website <http://www.sleepfoundation.org/>

Research Priorities Sent to NHLBI

The American Academy of Sleep Medicine (AASM) Board of Directors recently sent a list of research areas it identified as priorities for the sleep field to the National Heart, Lung, and Blood Institute (NHLBI) as part of its ongoing commitment to advancing sleep medicine and advocating for increased research in the field. The priority areas and specific topic areas are as follows: **I. Sleep Related Breathing Disorders, II. Sleep Deprivation, III. Education and Training, IV. Sleep and Chronic Disease** <http://www.aasmnet.org/News.aspx?ArticleID=195>

Diabetes Risk Raised By Too Much Or Too Little Sleep

Men who sleep too much or too little are at an increased risk of developing Type 2 diabetes, according to a study by the New England Research Institutes in collaboration with Yale School of Medicine researchers. The data published in the March issue of Diabetes Care were obtained from 1,709 men, 40 to 70 years old. The men were enrolled in the Massachusetts Male Aging Study and were followed for 15 years with home visits, a health questionnaire and blood samples.

Six to eight hours of sleep was found to be most healthy. In contrast, men who reported they slept between five and six hours per night were twice as likely to develop diabetes and men who slept more than eight hours per night were three times as likely to develop diabetes, according to the lead author, H. Klar Yaggi, M.D., professor in Yale's Department of Internal Medicine, pulmonary section. Previous data from the Nurses Health Study have shown similar results in women. "These elevated risks remained after adjustment for age, hypertension, smoking status, self-rated health status and education," Yaggi said. <http://www.medicalnewstoday.com/medicalnews.php?newsid=40286>

Prescription Sleep Aids Not Always Best For Insomniacs

Studies show that many Americans are struggling to get a good night's sleep, and an increasing number of those people are turning to fast-acting prescription sleep aids. Seeing a doctor for an instant insomnia "cure," however, shouldn't be the first course of action, says a Purdue University expert. "The fact is that for most suffering from occasional insomnia, behavioral changes or over-the-counter options are often just as effective and more appropriate."

This year's National Sleep Foundation's Sleep Awareness Week is March 27 through April 2. A poll by the organization last year found that about half of the respondents experienced at least one symptom of insomnia at least a few nights a week within the previous year. A third had experienced at least one symptom every night or almost every night.

Newton says this trend is troublesome because, while not physically addictive, newer sleep aids can be psychologically habit-forming. She says this creates a situation in which people feel like they can't sleep without the drug, even though they physically might be able to do so. <http://www.medicalnewstoday.com/medicalnews.php?newsid=40287>

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